



# Tobacco Tid-bits

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Southwest Washington Health District

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## Senate Moves to Curb Smoking

Washington may become one of the strictest states in the country when it comes to indoor public smoking. The Senate has passed a bill (SSB 5993) that would prohibit any business or public building from providing smoking sections, unless children are banned. It would include restaurants, bowling alleys, and hotels. But bars, cardrooms and businesses that already prohibit minors would be exempt. Some tobacco protection advocates oppose this bill, saying it does not adequately protect the employees who work in businesses that don't allow children. The bill is now being considered by the House. Let your representatives know what you think of this bill by calling: 1-800 562-6000.

## Drug Free Washington Month

April is Drug Free Washington month. The theme this year is "Drug Free, You and Me, Making a Safer Community." *The Washington State Department of Health* is encouraging communities to put on poster design contests as a way to recruit and involve youth in Drug Free Washington Month. For more information on the poster contest contact: Stacy Smoth, Washington State Liquor Control Board (360) 664-1720 or [sas@liq.wa.gov](mailto:sas@liq.wa.gov). For more information on Drug Free Washington Month, contact: Jodi Suminski, DOH (360) 236-3722 or [jodi.suminski@doh.wa.gov](mailto:jodi.suminski@doh.wa.gov).

## Tobacco Tid-Bits on the Web

You can now find current and back issues of *Tobacco Tid-Bits* on the SW Washington Health District web page. Go to [www.swwhd.wa.gov](http://www.swwhd.wa.gov) and click tobacco information. The site contains lots of other helpful tobacco materials as well.

## Getting Addicted is Quick

A few puffs is all it takes for many people. In a study of 100 12 and 13 year-olds, about two-thirds said they experienced withdrawal symptoms such as cravings, irritability and nervousness after just one month of smoking their first cigarette. *Tobacco Control Vol. 9*

## Cessation Task Force

Clark County has several youth tobacco cessation programs—the next step is getting the word out about those programs and finding which work best for the county's needs. That is where the Cessation Task Force steps in. The group formed in January of this year. It is made up of community groups such as Southwest Washington Medical Center, YMCA, ESD 112, and local school district personnel. Their main goal is to coordinate efforts in youth cessation. The task force has put together a brochure with the help of local teens, that lists all the youth cessation programs in Clark County. "A lot of thought was put into the design of the brochure to make it more attractive to youth," said *Gail Helland, Health Educator with the Southwest Washington Medical Center and a task force member*. "The final copy should look wonderful and get the information to the youth of the county." The task force is also working on having an END (End Nicotine Dependence) training locally for those wanting to be facilitators. Anyone interested in developing and organizing youth cessation programs, or making them more available to youth, are welcome to join the Cessation Task Force. Contact Gail Helland: 514-5153 or [ghelland@swmedctr.com](mailto:ghelland@swmedctr.com); or James Lanz at the SW Washington Health District: 397-8416 or [jlanz@swwhd.wa.gov](mailto:jlanz@swwhd.wa.gov).

## TATU Training

Katlin Jackson, a Sophomore at Skyview High School was one of 86 students from 9 high schools in Clark and Skamania Counties who recently attended TATU (Teens Against Tobacco Use) training. "Probably the most important thing I learned from TATU training was that there are a lot of kids that are dedicated to a smoke-free world," said Jackson. "It is reassuring to know so many young people, including myself, are working for a common goal and can come together like this." Training consisted of various activities, such as breathing through a straw to illustrate emphysema, a tobacco history timeline, movies, fun and good people, according to Jackson. The students will take what they learned and craft it into presentations for 5th and 6th grade classrooms.

## States Sue R.J. Reynolds

Five U.S. states including Washington have filed suit against R.J. Reynolds Tobacco Co., alleging its advertising violated a 1998 settlement agreement. The lawsuits, were filed by the states of California, Washington, Arizona, New York and Ohio. It singles out ads by R.J. Reynolds Tobacco in magazines and at car race tracks, a governmental source told Reuters. The states say these ads violate the terms of a \$206 billion settlement agreement with 46 states in which cigarette manufacturers agreed to phasing-out all outdoor advertising and brand name sponsorship - as well as curbing the distribution of free tobacco samples and apparel and merchandise with brand-name logos. *Washington Reuters*.

## New Clearinghouse Items

The clearinghouse has two new media campaign postcards. One reads "Every year, thousands of people find an easy way to quit smoking. They die." The other has the following words in a circle the size of a quarter; it reads: "This is the size of the hole they'll cut in your throat if you continue to smoke." Both postcards have the media campaign tag IT'S THE TRUTH IT'S AN OUTRAGE. You can order directly from the DOH warehouse. The fax number is (360) 664-2929.

## \$8.2 Billion for Tobacco Ads!

Cigarette advertising and promotions increased dramatically after states settled lawsuits with tobacco companies in 1997 and 1998. The Federal Trade Commission says the five largest cigarette makers spent \$8.2 billion for advertising in 1999— a 22% hike from the year before. THE TOTAL WAS THE MOST EVER REPORTED TO THE COMMISSION IN ONE YEAR! [www.FTC.com](http://www.FTC.com)

## Kick Butts Day Activities

April 4th is *Kick Butts Day*, and there are lots of opportunities to participate. Skamania County Community Events and Recreation is holding a Battle of the Bands Dance in Stevenson. It will feature 8 local bands competing for the grand prize of recording time at a Vancouver recording studio. This drug and alcohol free event will promote the tobacco free message with banners, prizes and other give-aways. Youth ages 12-18 from Clark, Klickitat, Cowlitz, and Skamania counties are invited. The library is co-sponsoring the dance and admission is free if you bring your library card. See calendar for more details and other Kick Butts Day activities.

## April Calendar of Events

- April 4,** Kick Butts Day! Sponsored by the campaign for Tobacco Free Kids. Contact: [Tobaccofreekids.org](http://Tobaccofreekids.org)
- April 6,** Kick Butts Dance, Stevenson Rock Creek Center, 7 PM - 11. Contact: Joni Hawthorne (509) 427-9478
- April 6,** Northwest Media Literacy Center meeting. Portland, 8:30-11:30 AM American Lung Association, 9320 SW Barbur Blvd., Suite 140. Contact: Erik Vidstrand, 503 988-3663, 1 ext. 28805.
- April 12,** School Task Force meeting. SW Washington Health District, 7:30 AM - 9. Contact: Theresa Cross 397-8215
- April 12,** CMASA meeting - 3:30 PM Skamania Courthouse Annex. Contact: Susie Strom (509) 427-9490 x297
- April 13,** BREATHE Kick Butts Day activity. YMCA, Vancouver 5-9 PM. Handing out sticks of gum asking people to "Be smoke-free today." Contact: James Kisse, 397-8214
- April 14,** Fishing Derby, Lacamas Lake Park. Featuring Environmental Tobacco Smoke booth - Theme: Blow Bubbles not smoke - with bubble give-away. And ETS brochures, plus smokefree decals. Contact: Pamela Walker 397-8215 x3025
- April 17,** Cessation Task Force meeting. SW Washington Health District, 2:30-4 PM. Contact James Lanz, 397-8416
- April 16-17,** Media Literacy Conference. WestCoast Grand Hotel, Spokane. Cost \$125. Contact Teen Net, (206) 543-9414

Please let us know if you have a tobacco related event you would like posted here.